

February 2021

MESA VISTA CONSOLIDATED SCHOOLS

LUNCH



School Information:

- * Menus are subject to change
- * USDA is an equal opportunity employer.



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday

1

8

15

22
 Chicken Fried Steak
 w/mashed potatoes/Fresh Rolls
 Country Style Gravy
 Mix Vegetables

Tuesday

2

9

16

23
 Frito Pies
 Tortillas lettuce/tomatoes
 Fresh Fruit
 Milk or Juice

Wednesday

3

10

17

24
 Sloppy Joes
 Tater Tots
 Carrot Sticks w Ranch
 Milk or juice

Thursday

4

11

18

25
 Homemade Pizza
 Fresh Salad w/dressing
 Milk or juice

Friday

5

12

19

26
 No SCHOOL



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BREAKFAST

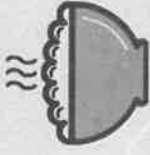


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Nutrition Tip: Ready-to-eat cereal consumption encourages milk consumption. Among children 6-12 years old who eat ready-to-eat cereal, 53% of all daily milk consumption is with cereal.



Reference: NHANES 2015-16

Monday

1

8

15

22

Breakfast Burritos
w/bacon
Fresh Fruit
Mil or juice

Tuesday

2

9

16

23

Yogurt Parfaits w/ Granola
Fruit
Milk or Juice

Wednesday

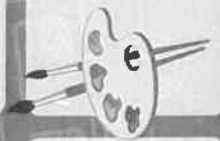
3

10

17

24

Scrambled Eggs
Hash brown
Sliced Ham or Sausage
W/Side of Chili



Thursday

4

11

18

25

Cold Cereal
Granola Bar
Fresh Fruit
Milk or Juice

Friday

5

12

19

26

NO SCHOOL

